

IN THE CLAIMS:

1. **(Currently amended)** An apparatus for increasing blood flow ~~to the skin of a person~~ a person's skin for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the person inherently having a body weight and, the apparatus comprising a work-out device to be actuated with the person's legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for ~~the a~~ tight enclosure of the person's waist area, with a pressure device for ~~the production of a~~ producing differential pressure in said housing, said pressure device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, and a support means in the housing to take the body weight off the legs of the person.

2. **(Previously Presented)** An apparatus according to claim 1, wherein the support means is a seat.

3. **(Currently Amended)** An apparatus according to claim 1, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined air throughput ~~through~~ pressure throughout the housing.

4. **(Currently Amended)** An apparatus according to claim 1, wherein the pressure ~~reduction is performed by a differential pressure of~~ device provides a reduction in pressure from 0.02 bar to 0.2 bar.

5. **(Currently Amended)** An apparatus according to claim 1,  
wherein the pressure reduction is performed by a differential pressure of  
device provides a reduction in pressure from 0.05 bar to 0.15 bar.

6-8. **(Canceled)**

9. **(Previously Presented)** An apparatus according to claim 2,  
wherein the seat is adjustable in height.

10-31. **(Canceled)**

32. **(Currently Amended)** Apparatus for increasing blood flow to  
~~the skin of a person~~ a person's skin for regeneration of skin and digestion  
of adipose cells without causing an increase of gravity effects on the  
person, the apparatus comprising:

means for doing physical exercise, said means being actuated  
by the person's legs;

means for generating a pressure different from the ambient  
pressure;

means for containing the pressure generated by said means  
for generating a pressure, said means for containing the pressure being  
arranged such that it houses the means for doing physical exercise and  
that it sealingly surrounds lower parts of said person's body;

wherein said apparatus further comprises

means for supporting ~~the said person's body weight of said~~  
~~person~~, said means for supporting the body weight of said person being

arranged such that the person's legs are not exposed to the body weight during use of said means for doing physical exercise.

33. **(Currently amended)** A method for increasing blood flow to the skin of a person and regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the person, comprising the following steps:

placing the lower part of said person on a support means in a pressure chamber, said pressure chamber being equipped with a work-out means and containing a pressure;

closing seals around the body of said person to contain the pressure in said pressure chamber;

having said person ~~to start using~~ use the work-out means against a resistance generated by the work-out means without exposing the person's legs to said person's body weight;

wherein said method comprises the further steps of

first stimulating the circulatory system of said person by using the workout device under ambient conditions,

then generating a pressure below atmospheric after said person has been using the work-out means for a specific amount of time.

34-39. **(Canceled)**

40. **(Previously Presented)** An apparatus for increasing blood flow to a person's skin, for regeneration of skin and digestion of adipose cells without causing an increase in gravity effects on the person,

comprising a work-out device to be actuated with the person's legs; an air-tight housing enclosing the work-out device, said housing comprising an opening which is formed for tight enclosure of the person in a waist area; a device for producing a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase; and a support means within said housing for removing body weight from the legs of the person while actuating the work-out device, said support means being a seat.

**41. (Canceled)**

**42. (Currently Amended)** An apparatus for increasing blood flow ~~to a user's~~ the skin of a user for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the user, the apparatus comprising a work-out device to be actuated with the user's legs, said work out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for ~~the a~~ a tight enclosure of the user's waist area, with a device for ~~the production of a~~ producing differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing, a support means is arranged to take the user's body weight off ~~the user's said~~ legs, and wherein a permanent interval switching between low pressure and increased pressure in said housing takes place ~~in said~~

~~housing~~ if a low pressure limit is reached, said low pressure limit being  
between of 0.02 bar to and 0.05 bar is reached.

43. **(Previously Presented)** An apparatus according to claim 42,  
wherein the support means is a seat.

44. **(Currently Amended)** An apparatus according to claim ~~42~~43,  
wherein the seat is adjustable in height.

45. **(Currently Amended)** An apparatus according to claim 42,  
wherein the device for producing a differential pressure is arranged so as  
to ensure a predetermined pressure throughout ~~air throughput through~~  
the housing.

46. **(Currently Amended)** An apparatus for increasing blood flow  
to ~~the skin of a user~~ a user's skin for regeneration of skin and digestion of  
adipose cells without causing an increase of gravity effects on the user,  
the apparatus comprising a work-out device to be actuated with a user's  
legs, said work-out device being enclosed by an air-tight housing, said  
housing comprising an opening which is formed for ~~the a~~ a tight enclosure  
of the user's waist area, with a device for ~~the production of a~~ producing  
differential pressure in said housing, said device being connected with  
said housing and being arranged so as to alternately produce a pressure  
reduction and a pressure increase in the housing, wherein within said  
housing, a support means is arranged to take the user's body weight off  
~~the user's said~~ legs, and wherein the apparatus is adapted to perform a

permanent change between low pressure and increased pressure within a period of 10 to 90 seconds.

47. **(Currently Amended)** An apparatus according to claim 46, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined ~~air throughput through~~ pressure throughout the housing.

48. **(Currently Amended)** An apparatus according to claim 46, wherein the pressure device provides a reduction in pressure from ~~reduction is performed by a differential pressure of 0.02 bar to~~ 0.05 bar.

49. **(Currently Amended)** An apparatus for increasing blood flow to a user's skin ~~the skin of a user~~ for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the user, the apparatus comprising a work-out device to be actuated with the user's legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for ~~the~~ a tight enclosure of the user's waist area, with a device for ~~the production of~~ producing a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing a support means is arranged to take the user's body weight off ~~the user's said~~ legs, wherein said work-out device is adapted to generate a treading resistance, wherein an interval switching between low pressure and increased pressure takes place and wherein said treading resistance

is coupled to ~~the internal~~ said interval switching such that the treading resistance increases while said low pressure acts on said user.

50. **(Currently Amended)** An apparatus according to claim 49, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined ~~air throughput through~~ pressure throughout the housing.

51. **(Currently Amended)** An apparatus according to claim 49, wherein the pressure ~~reduction is performed by a differential pressure of~~ device provides a reduction in pressure from 0.02 bar to 0.05 bar.

52. **(Currently Amended)** An apparatus for increasing blood flow to ~~the skin of a user~~ a user's skin for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the user, the apparatus comprising a work-out device to be actuated with the user's legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for ~~the a~~ a tight enclosure of the user's waist area, with a device for ~~the production of a~~ producing differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing a support means is arranged to take the user's body weight off ~~the user's~~ said legs, and wherein a permanent interval switching between low pressure and increased pressure takes place in said housing within a period of 10 to 90 seconds if a low pressure of 0.02 to 0.05 bar is

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reached, wherein said work-out device is adapted to generate a treading resistance, said treading resistance being coupled to ~~the internal~~ said interval switching such that the treading resistance increases while said low pressure acts on said user.